



T H E

NEW

FILLMORE

Volume 1

Number 5

September 1986



- ▶ Sacramento St. launches a satellite conference on Chernobyl
- ▶ Fall fair flies by supes
- ▶ Great neighborhood after-school program

INSIGHT THE FILLMORE

by Anne Coffelt



What made this a "summer to remember"?

Summer means vacation. Trips to the beach, Russian River, Tahoe, Harbin Hotsprings, any excursion possible to escape our famous summer weather with its morning to mid-afternoon grey, overcast skies and designer fog. For the more romantic, summer can be moonlit strolls on Aegean shores or along the Via Veneto; possibly sipping a *coupe de champagne* on the terrace of Cafe Deux Magots in Paris. Summer also offers the opportunity for change and new experiences. As fall approaches, the Inquiring Photographer asked Fillmore residents and friends: *What made this a "summer to remember"?*

Robert Milan

Salesperson, Fillamento;
model; former resident of
Perpignan, France



"It is the beginning of my new life, my eight-year-old dream, fight and struggle {*To legally live and work in America*} coming true. To be able to live in the city and country I love with the people I love. Thanks to the help of my friends and Iris Fuller who gave me a chance and the team of people I am now working with. As a result of my work at Fillamento, I now feel integrated and accepted in this country. *Vive l'Amerique, Vive San Francisco, Vive Fillmore.*"

Ann Stevenson

Student; training to become
a Physician's Assistant
Resident (Gough at Sacramento)



"Being unhappy with the nature of my work, I felt the need for getting away from just pushing paper around. So I decided to return to school to pursue a more meaningful career; that of serving human needs and directly making a difference in someone's life."



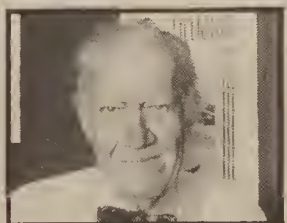
J.R. Berge

Mixologist
Pacific Heights Bar and Grill
Fillmore at Pine Street

"All summers are basically the same.... they all change my life."

Fran Mair

Designer, Landor Associates
Resident, Kensington



"In the summer of my 70th year, the fragility of the human constitution has come home to me. After two operations at Mt. Zion Hospital, I'm beginning to realize that maybe this is the result of a misspent life, nutritionally. But we can't all eat the diets that our ancestors got by on with practically none of our current ills such as heart and circulation problems, cancer, diabetes, multiple sclerosis and how many other things, it's hard to tell."

(L-R)

Yvette Hunt, 6th Grade

Jane Hunt,

Cook and Janitor

St. Dominic's School

Tanechia Vernon 3rd Grade

(not interviewed) Both girls are
students at St. Dominic's School;
Residents (Post at Steiner)



Jane : "We went to Texas to see Yvette's grandparents."

Yvette : "I rode a horse for the first time and went on a ranch with lots of cattle. That was exciting and scary." *Are you looking forward to the new school year?* **Yvette** : "Yes, because I like school, especially mathematics." **Jane** : "Yes, I am and will soon be getting ready to go back to school and start cooking lunches and seeing happy faces."

BI-RITE'S BIG SEPTEMBER SPECIALS:

Foster's Lager 12 oz bottles 6 pack **3.79**

Kaliber 6 pack **3.69**
non-alcoholic beer (Harp
Lager minus alcohol)

Suntory Mini-Kegs 6 pack **2.99**
back by popular demand

Caprio **1.99**
Brazilian Guarana
Soda. Try it! 6 pack

The Single Malt Scotches; A Continuing Appreciation: Role of the Regions

Single-malt scotches, for that matter all scotch whiskys, whether they are single malts or blended, come from different regions of Scotland, and with the single malts the region a single malt comes from makes a contribution to its flavor. Major factors contributing to a single malt's taste are peat and water. The smokey flavor a scotch has is thought to come from the peat fire which is used to dry the malt. The water taken from glens used to make the malt and the mash is also thought to contribute a distinctive flavor, which also may be peaty. The various regions of Scotland have different peats and waters which go in to making distinctive tastes. There are several different regions where distilleries are located in Scotland —The Orkneys, Islay, Campeltown, and the Speyside area, to name a few. The Speyside area is in the north, and from along the various glens of Speyside come some of the most outstanding single malt scotches in all of Scotland. A sub-region of the Speyside area is Glenlivet, the area which not only produces the famous scotch named after it (fittingly enough Bi-Rite's malt of the month) but several other excellent single malts, which, while they may not bear the name Glenlivet, carry "from Glenlivet" on their label. The name Glenlivet carries so much cachet that single malt scotches in the Speyside area but not on the Glenlivet itself, somehow manage to get the name on their label. Glenlivet is to Scotch what Bordeaux is to French wine.

Bi-Rite's Malt of the Month: Glenlivet



The buttery mellow smoothness of this most famous single malt has made it the choice ingredient of virtually every blended Scotch ever made. If you have never had it before you must, and if you have, you must have it again.
750ml. bottle reg. 22.22

19.99

BI-RITE
FILLMORE AT CALIFORNIA

Supervisors approve street fair permit for October 11-12

The San Francisco Board of Supervisors approved the closing of Fillmore Street from Clay to Bush for Saturday and Sunday, October 11 and 12, enabling the merchants to have a street fair organized and executed by the Pimsleur group, a firm that has put on the Union Street Fair for the last 11 years as well as fairs on Grant Street, Polk Street, and other locations not only in San Francisco but in the general Bay Area.

The move came after some controversy over the fair and as well as direct opposition from the Pacific Heights Residence Association, which sent a strongly worded letter of protest to the supervisors after an attempt to reach an understanding about the nature and quality of the fair with the Pimsleur organization broke down. The neighborhood group had hoped to have some input into the kind of fair being held, but in a compromise meeting suggested by the Board of Supervisors' Traffic and Transportation Committee by the Association, which was held with Terry Pimsleur, a delegation of the Fillmore Merchants, and the Residence Association's Board, no effective compromise could be reached. The Association was offered, and accepted, two seats with an alternate on the fair's steering committee. However, since it was clearly stated at the meeting by both the merchants and Terry Pimsleur that it was the Pimsleur organization, and not the steering committee that had final say on what occurred in the fair, the Association apparently felt that this was not enough clout and continued to oppose the closing through its letter to the Board of Supervisors.

The truncation of the street closing from Washington to Bush, which had originally been requested in the application, to Clay to Bush, was an attempt by the Board of Supervisors to

reach their own compromise on the issue by moving the fair at least one block further south in the territory of Western Addition Neighborhood Association, which had expressed support for the fair. The effort was somewhat confused however by Supervisor Doris Ward who said WANA would prefer the fair remain within its original boundaries. The down shift was offered by Supervisor Maher, chair of the Traffic and Transportation Committee which had originally heard the application submitted by the Pimsleur Group, and the testimony of the Residence Association opposing it. The move was first drafted to simply retain the five block length of the fair and move it one block south to Sutter Street, but concerns from Muni over congestion on heavily routed Sutter Street resulted in a block of the street closing being lopped off instead.

Some of the concerns of the Resident's Association regarding the fair were noise, congestion, parking, and and the importation of craftsman from outside the neighborhood and even the city which had no relevance to the nature of the neighborhood itself.

The merchants however seem to be determined to have a fair which is not just another Union Street fair but something which will be reflective of Fillmore Street's unique character. Early planning agendas for the fair for example call music to be restricted to jazz, reflecting the Fillmore's past glory in that medium, banners over the street emulating the famous arches that were torn down for scrap metal in WWII, and fashion shows to strut the Fillmore's

Continued on page 9

Donut Shop getting new lease on life

The Rolling Pin Donut Shop at the corner of California and Fillmore, an open-24-hours neighborhood community hangout which the The New Fillmore reported in its May issue would be forced out of business by a compounded CPI clause in its lease, is in the process of renegotiating its lease and it appears likely they will be staying on at the corner indefinitely. The shop is giving some

unneeded space back to the landlord, and the compounded CPI clause has been dropped, the combined effect being that the shop rather than paying more money for rent will pay less than it has in the past.

"It definitely makes it possible for us to stay," said Donut Shop manager Paul MacLeod. In fact they are planning on upgrading, and putting in some new counters.

Letters to the Editor

I'd like to respond to Mr Jack A. Sullivan's letter to the Editor, in your August issue. His accusation of "filthy streets .. Fillmore Street between Sacramento & California .. particularly poor -- fruits, vegetables .." points to Pacific Heights Produce.

As co-owner of Pacific Heights Produce I feel his choice of words "fruits & vegetables" unfair. I clean a minimum of 3 times a day outside the store in our area. He should come at 7:30 AM and see the litter and mess from overnight use.

If he has a complaint about the store, I ask that he come in and complain to us personally, instead of generalizing about our area.


Sincerely,
Samuel A. Sakkal

Japantown.

No doubt, the individual food booths make money. But the surrounding and outlying areas really take a beating! They had three big trash containers, which were overflowing with garbage. The streets were littered with any and everything you could think of! The sidewalks usually get stained with drink spills, food droppings, etc... The stains usually take a couple of weeks to disappear. The surrounding areas usually smell of barbecue smoke for weeks. The Street Fair has a clean-up committee that tries to pick up all of the garbage. But, every year they seem to miss a lot of it! They only concentrate most of the cleaning within a couple of blocks of the event. So, a lot of the outlying areas are cluttered with litter. In Nihonmachi, many public events are held in which a large number of people come into our community. The largest event, being the "Cherry Blossom Festival". This is held in April. Some years, if we're lucky we can see left over things from the Cherry Blossom Festival still in June!

I have experienced both and most of the events from their beginning. I am a commercial building manager in the center of


Continued on page 10



HILLWOOD ACADEMIC DAY SCHOOL
PROVIDING SOUND ACADEMIC FOUNDATION SINCE 1949

KINDERGARTEN AND GRADES 1 THROUGH 8.
FULL DAY--7:30 TO 6 P.M. FOR BOYS AND GIRLS.

Stanford Achievement Testing.
Hillwood is approved by the U.S. Dept. of State for foreign students



- Moderate tuition includes textbooks, extended day supervision, hot lunch, afternoon snack.
- Family discounts.

PHONE MRS. MARY LIBRA
YEAR-ROUND FOR ENROLLMENT INFORMATION

KINDERGARTEN
Good readers before the first grade

931-0400

Hillwood School, 2521 Scott Street,
near Broadway, San Francisco, 94115

Dear Editor,
I am writing this letter concerning your proposed "Fillmore Street Fair". I hope that most of your Fillmore merchants are familiar with the Japantown area (Post & Buchanan Streets). Over last weekend, 8/2 the streets were alive with people, drinks, food, and music. The event that was held was call the "Nihonmachi Street Fair"; Nihonmachi means

THE NEW FILLMORE

The New Fillmore is published monthly from Box 343, 2443 Fillmore Street, San Francisco, CA 94115. Tel. 931-0515 (You should see the size of the box!) David Ish, Editor and Publisher, Ginny Lindsay, Art Director, Carol Tolbert Production Supervisor. We warmly welcome letters to the editor, articles, fiction, poetry and notions. All submissions, whether real or imagined, must be either about something happening in the neighborhood, (or at least partially set in the neighborhood if its fiction) or written by someone living here.

Free Gift!

Bring in this ad and received a free gift from Gilmour's. Join us in celebrating the opening of our new store on Fillmore Street, between Pine and Bush.

- Flowers
- Gifts
- Customized silk flowers for your home
- Fruit Baskets
- Balloon Bouquets
- Senior Gold Cards Honored

Gilmour's
An Affair with Flowers
1909 Fillmore Street 346-8787
Over 50 Years in San Francisco





Jane Clinton

Clinton Chevron's Car Care Tips

New Shoes for Your Car

How do you know when your car needs new shoes? Look for these signs: wear on outer edges - caused by under inflation or front end problems. Wear around center of tire - indicates over inflation. Cracks in sidewalls - tires are old and even though tread is still good tire may be unsafe to drive due to weakness in sidewall. Tread depth indicators are visible - these are smooth lines that manufacturers are required to build into the tire which indicate that tire has only 2/32 tread remaining. Tires worn to this point are a safety hazard and should be replaced.

When it is time to buy new tires, there are basically three different cord designs to choose from: Bias Ply - Belted/Bias - Radial, with Radial giving better handling, heavier load capacity, less distortion, better cornering and more miles of wear. Normally a quality tire is in the long run the least expensive tire. However, when purchasing a tire take into consideration the type of driving you do. A freeway driver should invest in a quality constructed tire while a city driver who takes the car out once a week is going to have to replace the tire from age before the tread wears out. Keep in mind that some tires have mileage warranties and that they are all different. Some also have road hazard protection (Chevron has this and we think it is a big plus).

For longer tire wear:

Buy good tires

Keep them properly inflated. (To get a consistent reading invest in your own tire gauge and have the attendant use it rather than the station's. Also, always check when tires are cold.)

Avoid excessive speeds - especially when cornering.

Rotate regularly - minimum of 12 months or 7,500 miles, and newer cars with front wheel drive should be rotated every 5000 miles. Keep wheels aligned and balanced.

Look for Chevron's September Tire Sale!



Featuring quality Atlas products
California at Steiner 931-0220

Tire Rotation 7.50

With this Coupon
offer expires 9/30/86

Neighborhood Poets

A DREAM

Over my shoulder I look
to a clock that is no longer there
(the time of life)
The notches remembered stay in an old
three story house made by Father's knife
to see how high, one year to the next,
against one sibling or the other
I had grown.

Now that I have (sprung from every
measure)
Who Knows?

A wooden molding at a kitchen door
if only I could stand there
to be shown

How Tall I really am...

--Cal Hawes

*Cal lives very near by in The City and is a
frequent visitor to her cousin here, who lives at
California and Pierce.*

THE DAILIES

A buried pen

Is the murder weapon.

There's a small cat

on the lawn,

hiding something.

The moon arrives late,

out of breath,

dragging tides.

An alarm rings,

is ignored on the damp street.

News is being made.

--Mark Mitchell

*Mark Mitchell lives in the neighborhood
and frequently works the counter at Bi-
Rite Liquors.*

KYO'S
FLOWERS



WEDDINGS
FUNERALS
ALL OCCASIONS
AN ORIENTAL TOUCH
346-0661
2208 Fillmore Street

Rush Cutters



for the serious and
not-so-serious cook

UP TO

75%

OFF

ON
CLEARANCE

ITEMS

2505 Sacramento Street

922-5100

Open 7 days a week



SHIRTS -- SAME DAY SERVICE
---NO EXTRA CHARGE--

ONE STOP - WE DO IT ALL--
FULL LAUNDRY AND
DRY CLEANING SERVICE
SINCE 1923

Pine Street French Laundry

LAUNDRY: SINCE 1928
2325 PINE STREET Walnut 1-6023
SAN FRANCISCO, CALIFORNIA 94115
Hours: Monday -- Friday 7:30 - 6 pm
Saturday 9:00 - 5 pm



We've Arrived!

Contemporary Maternity Fashions and Special Baby Gifts.

expecting...the best

1905 Fillmore (between Bush and Pine St.) San Francisco 931-1010

Community Outreach: Embracing Chernobyl and TMI

Neighborhood groups launch top-level Chernobyl video conference

Top U.S. and Soviet nuclear scientists will engage in a 2-and-a-half hour interactive satellite teleconference Thursday, September 11 about the Chernobyl disaster and Three Mile Island catastrophe as a direct result of citizen—as opposed to government—diplomacy, initiated by two very small organizations with offices here in the neighborhood.

"Chernobyl and Three Mile Island: Lessons for the Future," is the title of a day-long conference to be held over at Lone Mountain Campus with a 2-and-a-half hour morning session in which top U.S. and Soviet scientists will engage in a direct live video satellite dialogue on how to increase nuclear safety and safeguards, energy needs of the 21st Century, and long-term international scientific cooperation, with the common goal of making the world a less precarious place to live. The project was initiated as the result of the collaboration of the Esalen Soviet-American Exchange program, located here on Washington Street, and Internews, an international video production company launched by husband and wife Kim Spencer and Evelyn Messenger from San Francisco in 1982, which has offices on Sacramento Street across from the Vogue Theater as well as offices in New York, Denver, and London.

The project started out as an idea among the small Esalen staff to have what was originally to be a local Bay Area conference on the subject. But the more they thought about it, the clearer it became that the conference was an ideal candidate for a live satellite videoconference involving both U.S. and Soviet Scientists. Esalen was no stranger to such "spacebridges," as these efforts have been dubbed; in fact they were involved with the first two privately sponsored U.S.—Soviet live video satellite conferences which were held in conjunction with the "US" festivals in southern California in the summers of 1982 and 1983. Nonetheless, the Esalen staff swiftly decided to collaborate with husband Kim Spencer and wife Evelyn Messenger of Internews, who have had a hand in the video production of virtually all of the 10 or 12 U.S.—Soviet spacebridges launched since the US festival, including the major satellite conference between U.S. and Soviet scientists on nuclear winter which was hosted by Carl Sagan in November of 1983.

Once the idea for the conference expanded to include the Soviets, Jim Garrison, Esalen's executive director of the exchange program, quickly contacted Yevgeny Velikhov, Vice President of the Soviet Academy of Sciences, General Secretary Gorbachev's chief scientific advisor, and second in command for the Chernobyl disaster response. Velikhov agreed to the satellite conference with the U.S.



Jim Garrison, Esalen Institute's director of their Soviet-American Exchange Program on the phone establishing multiple teleconference sites for the Chernobyl-Three Mile Island video satellite conference hosted at Lone Mountain Campus September 11.

scientists. He had been on a panel of Soviet scientists that participated in the second U.S. festival spacebridge conference (the conference was on music and technology), and knew Esalen from that experience. "We had a record with him," Garrison said. "He knows Esalen, it's a given, we're not going to pull any surprises, we're trying to improve U.S.—Soviet relations. So he was willing, given the sensitivity of this particular issue, to cooperate."

With Velikhov and the Soviet Academy of Sciences confirmed, The Institute then lined up the American Association for the Advancement of Science as a Stateside co-sponsor to participate in providing the scientists for the U.S. panel.

The most well known U.S. participant on the panel will probably be part of the panel in Moscow, and not here in San Francisco. Dr. Robert Gale, the bone marrow specialist who has spent more than half his time in the U.S.S.R. since the disaster, will be a panel participant, and his schedule currently places him in the U.S.S.R. on September 11 although there is some chance he might be back in the U.S. by then and be part of the panel at the Lone Mountain site.

Other participating U.S. scientists on the panel



The Chernobyl satellite video conference between top US and Soviet scientists which will connect Lone Mountain College and Moscow on September 11 will be the latest of several "spacebridge" projects produced between the two countries by husband and wife team Kim Spencer and Evelyn Messenger. Their San Francisco office is on Sacramento Street across from the Vogue Theater.

include John Holdren, Professor of Energy Resources at Berkeley and National Chairman of the American Federation of Scientists; John Gibbons, Director of the U.S. Congress Office of Technology Assessment; Mel Carter, professor in the Nuclear Energy Department at Georgia Tech; and Sol Burstein, Vice Chairman of Wisconsin Electric.

The three U.S.S.R. panelists all authored or contributed to the comprehensive report on the Chernobyl disaster submitted last month to the International Atomic Energy Agency in Vienna.

The panel moderators will be the same two people that moderated the satellite conference on the nuclear winter—Thomas Malone, the former Foreign Secretary of the National Academy of Science, and the aforementioned Yevgeny Velikhov, General Secretary Gorbachev's key scientific advisor.

The final shape of the conference agenda is being determined by Garrison and Velikhov in Moscow at press time. However the conference, which is entitled "Chernobyl and Three Mile Island: Lessons for the Future," will definitely be focused on providing solutions for the future rather than conducting a post-mortem of past events. Areas of major concerns which will be explored are how to safely meet energy demands which are rising rapidly and massively on a global scale; how to share peaceful technology; and how to develop some international controls. A major objective of the conference may be to explore U.S.—Soviet collaboration on a basic nuclear plant design that can be inherently safer than those designs currently employed.

"Chernobyl, and Three Mile Island, provide an opportunity for non-adversarial discussion that is not anti-nuclear, anti-Soviet, or anti-American," Garrison said. "The conference will bring together leading American and Soviet scientists to discuss the risks of nuclear power generation and the need for cooperation in developing adequate international controls, and coping with potential accidents in the future."

The satellite conference runs from 9:30 am to noon, and while the only video uplinks will be at Lone Mountain and Moscow there are several other important locations in the U.S. and the U.S.S.R., including Washington D.C., Harvard University, Kiev and Leningrad, where there will be video downlinks and audio uplinks, allowing scientists at Harvard, for example, to view the conference, ask questions of the panelists, and have them answered. Since it is a forum open to the public, while there are obviously time constraints, it is possible for a member of the public in the audience at Lone Mountain to ask a question of a Soviet scientist and get it answered during the conference.

After the satellite conference ends, and following a lunch break, there will be two afternoon panel discussions held at Lone Mountain only. The early afternoon panel will be on Radiation Effects and Nuclear Safety, and the late afternoon panel will be on The Prospects for Soviet-American Cooperation. A featured panelist on the latter will be Harvard University's Dr. William Ury, director of the Harvard Nuclear Negotiation Project and author of the best selling book on negotiations, *Getting to Yes*.

Handling the technical and logistical aspects of the morning satellite session will be Internews, the husband and wife team of Kim Spencer and Evelyn Messenger who have their offices on Sacramento Street just a few blocks away from the Esalen office on Washington Street. Evelyn will be in Moscow coordinating things

Continued on page 11

Postal and Business Services
MAIL BOXES ETC. USA

\$1 OFF
ANY **ups** SHIPMENT

WE SHIP
UPS AND FEDERAL EXPRESS

2443 FILLMORE ST. 922-6245
coupon expires
Limit One Coupon Per Customer

Postal and Business Services
MAIL BOXES ETC. USA

H. S. Dakin Company

Typesetting
Laser printing
Graphic design
Word processing
Media conversion
Mailing lists

3220 Sacramento Street
San Francisco, CA 94115
(415) 923-1171

Seminars: "How to Borrow Money For Your Business"

Do you know how a banker
analyzes your company
for a loan?
Do you know how to put
together a loan proposal
package that will get
the money you need?

Seminars September 17 and
September 24.
Call Marjie Fitterer,
a former Banker (for 18 years),
at (415) 986-3783 or
(415) 421-8219.





**Crime
Watch**
by Officer
B.Vigil
(Northern
Station.)

Since the last reporting period, from Geary to Vallejo and Steiner to Van Ness, in that part of our neighborhood covered by Northern Station, there were no rapes or homicides, but 11 robberies, 10 assaults, 20 burglaries, 78 thefts including 14 auto thefts, and 101 miscellaneous crimes.

Statistics for that part of our neighborhood covered by Park Station were not available at press time due to the Labor Day Weekend.

Some of the more serious crimes that happened in the last reporting period included the following:

Arson

On Thursday evening August 7 a man was apprehended after witnesses called police to report seeing him starting a fire in the hallway of an apartment building at 2055 Sutter Street. The suspect was seen tearing pages out of a phonebook, putting the pages in front of an apartment, setting fire to them, and then running out of the building. One of the witnesses was able to put the fire out before the fire department, which was also called, arrived on the scene. Based on the description of the suspect, officers were able to make a search of the area which resulted in locating the suspect and placing him under arrest. Damage from the fire is estimated at \$500.

Strong Arm Robbery

At 3 pm on Sunday afternoon August 10, a woman was entering her apartment building at 2011 California Street when a suspect walked past her and up the stairs. As the woman was about to enter the elevator she turned to look behind her and was grabbed by the throat by the suspect, which forced her to pass out. When she regained consciousness, her purse and groceries were gone.

Robbery, Knifepoint

On Thursday August 21 at 4:30 in the afternoon a suspect knocked on the door of a tenant at 1890 Clay Street, saying he was the new manager and wanted to meet all of his tenants. The tenant opened the door and the suspect knocked him to the ground, produced a knife, and demanded money. The suspect took the tenant's money, about \$120, and fled.

Safety tips:

at home...

It's really important to mark all of your valuables at home in some way so that they can be positively reclaimed in the event of burglary. You can either stencil on your drivers license or D.M.V. personal i.d. card number, or record the existing factory serial number on the item and keep the record of the serial number in your safety deposit box or some other safe place.

on the street...

When returning home, particularly at night, **don't linger** at the entrance of your residence. Recent statistics have shown that perpetrators will follow people to their residence, and while the person is opening the door the perpetrator will then force the person into his residence and assault him there.

Merrill Lynch is Bullish on the New Fillmore... and much more!



Call Richard MacDonald

Financial Consultant
Assistant Vice President

 **Merrill Lynch**
One Bush Street
445-7314

WHODUNNIT?

...THE BUTLER?
...THE UPSTAIRS MAID?
...THE SECRETARY?
...OR **YOU?**

ORIGINAL
MYSTERIES
CREATED AND
PLOTTED
EXPRESSLY FOR
YOU AND YOUR
GUESTS.
WE'LL DO IT ALL
OR PROVIDE
THE PLAN.

LET US ENTERTAIN YOU

PALMER & LOCKE
567-2890



Community community: multi-ethnic neighborhood childcare

JCC's after-school childcare program extends the family

There's a traffic jam in Wonderland. Alice—without the blonde wig and pinafore, she's Jennifer, a teacher at the Havurah Youth Center—asks a group of children dressed as playing cards and roses to line up for a parade around the block. The kids, who have worked on their costumes for a week, are wearing sandwich-board playing cards made from bakery boxes opened flat, painted, and rigged with string. Eight of Hearts has a Dutch boy haircut and a red heart painted on each cheek. Ten of Spades has painted his face silver and put blue dots on each cheek. Ten of Hearts is a curly-headed girl in whiteface with a red cupid's bow mouth. Some children decided to make vehicles. A scamp-faced boy in a green fright wig walks, toes out, behind a boy with golden goggles. Both are encased in a grocery box roadster which they hold up with their hands. The bigger vehicles—the 43 Wonderland Bus with six kids inside and the subway car with four passengers—prevent the cards and the flowers from filing downstairs, in twos, and outside to the playground.

Shannon, the Red Queen, asks the vehicles to move to the side and park until the Wonderland pedestrians pass.

For the children attending the Havurah Youth Center, the after school childcare program at the San Francisco Jewish Community Center on Upper California Street, multi-cultural, multi-activity themes which change every week or two, twenty or thirty of them every school year, are the focus of their after school educational activity.

Whether the culture is the European Middle Ages, the Renaissance, Sephardic Jews, India, Africa, Latin America, Japan China or Native America, teachers integrate the theme into classroom work in as many places as possible. During the week or two they study Latin America, the children will tell the stories, play the games, cook the food, learn the arts and crafts and participate in discussion groups about the history and achievements of this culture. Every theme week ends with a special activity: a market, a street fair, a festival, a village fair, a bazaar. The children construct the sets, paint the backdrops, make the costumes and participate in activities organized by the teaching staff who dress for the occasion in costumes of their own devising.

The Havurah Youth Center is open Monday through Friday, holidays and vacations, on a calendar that matches that of the San Francisco Unified School District. The program is open to everyone in the community, financial assistance is available and fees are set on a sliding scale. Children are bussed to the HYC from schools all over the city. The caring, intelligent, committed people who have been educated in such diverse fields as psychology, sociology, child development, social work, language studies and especially, most particularly, the arts: music, drama, painting, sculpture and dance. Each trimester, the staff gets together frequently and brainstorms the



Children from the Jewish Community Center's Havurah Youth Center all dressed up and enjoying a performance by their peers.

material they will use with each cultural mini-theme.

During China week, in one classroom, children learned to stir-fry vegetables in a wok and to eat with chopsticks. In the next room, children made a set for a Chinese street market which included a soup vendor (snack), a scribe who wrote Chinese characters, a fortune teller, and a Chinese puppet show. Arts projects included brush painting and block printing, Dragons in the Clouds (sketching clouds outdoors), plaster masks of characters from Chinese Opera, models of junks and sampans, and a mural of a Chinese garden with fantastic rocks and pavilions. Discussions focussed on the Chinese inventions of noodles, gunpowder, fireworks and paper.

What is so important about a focus on the arts?

According to Don Thompson, director of the Jewish Community Center's Youth Program and a former member of Mayor Feinstein's Advisory Council on Childcare, "There's been so much attention to academic acceleration in schools and so many budget cuts in schools, that training in arts experience has really suffered. It is special and needed. Most adults feel they can't express themselves through the arts."

The arts, although a strong component of the HYC program, are not the only thing children experience here. In the playground, at physical activity time for eight year-olds, girls in pigtails swing, pointing their toes up to the sky, dipping way back. Boys build sandcastles in the sand-box; girls slide down slides and lose a sneaker; boys drip popsicles down the fronts of shirts. Inside, two teams of boys in sports uniforms file into the gymnasium to play a game of soccer. In a roped-off section of the pool, an instructor teaches a class how to

breathe in water. A storyteller in a white dress enters the library, puts a bag of props on the table and begins to entertain forty children who sit cross-legged on the carpet, lean on one another, or lie on their stomachs, listening, smiling, talking back.

The philosophy behind the HYC is: The Most Important Thing We Can Do Is To Partner the Family. What this means is that by helping families withstand the pressure of contemporary urban life, they can help families stay together. As Jeff Garfield, who has taught in the program for twelve years, put it, while serving a snack of spaghetti and fruit juice to twenty kids, "We like to think we have a special relationship with families that they don't enjoy with regular teachers. We are in daily contact with our families where regular teachers may only see families once or twice a year. There are a lot of things people who drop off their kids every day at 8:30 and pick them up at 6:00 don't know about their children's lives. They need us to tell them. We help the kids with their social skills and the parents with their parenting skills. We are their neighborhood." Said another way, what the Havurah Youth Center really is is a professional version of the extended family, a community within a compound, protective, supportive and nurturing.

At the end of the day, parents begin to arrive on foot, by car, and by public transport to pick up their children. Carole Neuwirth, a commercial banker, who has a child in her first year in the HYC, stated definitely, "The most important thing to me, even more important than the program, are the people who work here. They are dedicated, and talented in dealing with children." A single working mother driving an old model car said, "I don't feel guilty about leaving my child here because I know he couldn't be taken care of any better." Wanda Portis, a social worker whose husband works in health services, said, "I know my two daughters are doing more than sitting around watching TV. Without a facility like this, it would be terrible."

HYC Afterschool Childcare is an example of how the child in many of us would like to be taken care of. Endless play, learning, togetherness, independence and snacks, and carefully considered, gently enforced limitations which are wanted and needed. Oh, to be five or eight or eleven again and have permission to inhabit the realm of the imagination where everything is possible, secure, and safe to explore.

—Diane Wolff

Diane Wolff lives in the neighborhood and is writing a novel set in Japan.



Youth Center teacher Kim Epifano leads a group of HYC musicians down Sacramento St.

TRIO

C A F E

1870 Fillmore Street
(in the Amelia)
Tuesday - Saturday 8:00 am - 6:00 pm
Sunday 10:00 am - 6:00 pm
Closed Mondays
• espresso • cappuccino • cafe au lait
Light meals all day

JACKSON FILLMORE

trattoria

Hours:

5:30 to 10:30 Tues.-Thurs.
5:30 to 11:00 Fri. & Sat.
5:00 to 10:00 Sundays

Closed for vacation:

Tues. Sept. 2 - Sept. 22

Reopen:

Tues. Sept. 23 at 5:30 pm

2506 Fillmore Street • 346-5288

Neighborhood Eating at Affordable Prices

Pizza \$4.25
Barbeque Chicken \$6.75
Barbeque Ribs \$6.75

Home Delivery



Fillmore at California
922-4700



Up and Down The Fillmore

by David Ish

It was great to see Harry finally open his doors after almost a year of effort and many months of nothing happening. I think everyone was rooting for him, and opening night there was so crowded I thought I was back in New York City. (Yes, that's where I come from originally, more or less, but I have begun slowly over the years to stop returning people's phone calls so that they will think I am from Northern California.) After spending a few minutes there in the early part of the evening I went over to the PacBag for a breather and should come in right after me and order a drink but...Harry! What the hell, why not.. He's got his grill open by now as well as the bar and he's serving simple things like chicken wings, burgers, veggies, but also rack of lamb, all in baskets with shoe-string potatoes and other goodies, as more or less finger food. The burgers are absolutely ace. I think he has a definite winner on his hands. Welcome to the neighborhood, which seems to be having a store opening at the rate of about one a week..fortunately the store closings seem to be happening at a much slower rate, so I guess we could call this growth...speaking of which, if you have read page 3, the Board of Supervisors has signed off on our having our first, very own, professionally produced street fair. The sigh of relief being massively produced by the merchants will NOT be used to blow up any more balloons. However the compromise produced by the Board of Supervisors to appease the neighborhood residents and merchants, who have been somewhat at loggerheads over this is, not one that is likely to make anyone very happy. By shortening the fair from five blocks to four, it becomes less attractive economically, nor does it really seem to address the underlying concerns raised by the residents. Actually some of the residents would have been just as happy if it stayed five blocks and simply moved further south, but Muni didn't want the problems that would produce for their lines on Sutter Street. One good thing that did come out of the merchants and residence association is participation the fair committee by the

residents. The more residence associations and just general neighbors that live here who become involved in such things I think the better, if we are to have a fair that does have some legitimate neighborhood character to it, or input. To be fair to the merchants though (no pun intended) I believe from the beginning they have really wanted the Fair to be unique to Fillmore, and I think the notion of focussing on jazz for the music is a good one, reflective of an effort to do something unique and indigenous to the area...Parking, never a fun pastime in this neighborhood may get worse at the south end later on this year when eight, yes count'em eight different movie theaters go into the west end of the Japantown project. Rumor has it that they will generate something like another 3000 cars a day. Residential parking stickers are a partial solution, and they have worked well. But for a guy like me who doesn't even own a car (I sold mine during the 1973 oil embargo and haven't owned one since) and feels a little civic pride in being personally responsible for at least keeping one more vehicle off the streets it gets a little weird when on that rare occasion when you do rent a car for something and have to park on the street in front of your place for a couple of hours you get a ticket for not having a residential permit. Well, this is a small injustice to say the least in a world full of large ones, and besides I have more or less circumvented even that inconvenience by getting myself around mostly on a motorscooter after finally suffering Muni burn-out....The Esalen Soviet American Exchange program, featured in the lead article of this month's issue, turns out to be only one of several U.S.-Soviet citizen diplomacy type projects with offices here in the neighborhood. There is the Cosmonaut-Astronaut project, now broadened in name and fact to International Space Explorers, a U.S.-Soviet Book Exchange, a U.S.-Soviet Youth Exchange, and several other projects. Which reminds me of a Soviet joke a friend of mine heard recently while over in Moscow. The U.S.S.R., like the United States, has a constitution, and the joke goes that the Soviet was asking an American if he knew the difference between the U.S. and Soviet Constitutions. The American said no, and the Soviet said, "The Soviet constitution guarantees freedom of speech and freedom of assembly." "Well," the American said, "The U.S. Constitution has exactly the same guarantees." "No," the Soviet said. "In American you are guaranteed freedom AFTER speech, and AFTER assembly."

At Last..

a place to
eat "California
Health Cuisine"



Flavorful, natural
foods made of
farm fresh
ingredients.

Served from a "Contemporary open kitchen"

Uniquely prepared dishes for the
Vegetarian and Non-vegetarian.

"Spa style" dishes which are ``
low fat, low salt, low calorie.
Calories listed on menu.

Lunches from 11:30am-5:00pm
Dinner from 5:00pm-10:00pm
"Fantastic" Sunday Brunch 10:00am-2:00pm

11 Clement Street, San Francisco
Reservations: 386-9792

What is:

weekly,
delicious,
inexpensive,
casual,
relaxing,
and terrific?

Sunday Brunch
at

Pacific Heights
BAR & GRILL

10:30 a.m. to 2:30 p.m.

Freshly baked breads and
muffins and a wide choice
of just-for-Sunday specials.

(We're open for lunch and
dinner every day.)

2001 Fillmore at Pine
Reservations: 567-3337

Bush St. Gallery
Director Leads
India Art tour

Hank Baum, widely known art educator and gallery director, whose gallery is right here at 2140 Bush Street, will lead a tour for art and culture enthusiasts to India. The program will include visits to many of the art treasures of India. Many museums and native dance programs will be featured.

The 19 day tour will include visits to Delhi, Jaipur, Bombay, Bangalore, Mysore, Madras, Kanchipuram, Mahabalipuram, Bhubaneshwar, Konarak, Puri, Varanasi, and Agra. A 5 day optional extension to Nepal is available as well.


The \$4,250 cost from San Francisco, Los Angeles, Seattle and JFK, includes round trip airfare, deluxe accommodations throughout, 3 meals daily, all transportation, transfers & entertainment. Single supplement rooms are available at \$550. The optional extension to Nepal cost is \$540

The specially designed tour leaves February 4th,1987 and returns February 22nd, 1987. For more information you can contact Hank Baum, 2140 Bush Street, S.F. Ca. 94115, or Art Explorer's Tours, P.O.Box 26689, S.F. Ca. 94126. Phone (415) 921-7677.

Sherith Israel spreads
blanket for Babylon
evening Sept. 20

Congregation Sherith Israel, located at California and Webster in San Francisco, has reserved the entire Club Fugazi for Saturday, September 20, for the 8:00 p.m. showing of Steve Silver's "Beach Blanket Babylon Goes Around the World."

The evening's festivities will start with a light pre-theatre supper at Sherith Israel at 5:30. Vegetarians' preferences will be honored with a special menu. Chartered buses will be waiting outside Sherith Israel starting at 6:30 to take people directly to the theatre, and to take people back to Sherith Israel when the show is over. The entire community is welcome to participate in this gala event. To do so, telephone 387-4360 for a ticket order blank.



2301 Fillmore • 929-4646
San Francisco



Photo by Anne Coffelt.

Open at last! Harry Denton, owner of, of all places, Harry's, which opened late last month on Fillmore St. between California and Pine, has an official opening night toast with New Fillmore publisher David Ish, who had the first drink at the bar. Ish, who is known to be publicity shy, also had the first drink at the Pacific Heights Bar and Grill when it opened.

Fair flies

From page 3

present stuff in that realm.

The supervisors discussion, which lasted about 20 minutes, while it clearly favored the merchants, nonetheless marked something of a departure from the pro-forma rubber stamp attention the board has given stree closings in the past. (Another 13 street closings were passed on the consent calendar without debate at the same meeting.)

"Supervisors are looking at street closings in a different light than they used to," said Supervisor Maher's legislative aide Ashley Moosler, who is also a resident of the neighborhood.

But she added, "The merchants clearly wanted

this fair. They mounted a very effective letter-writing campaign.

"If this were a purely residential neighborhood it would be a different kind of question," she added. "But this is a commercial district."

Advertise your
restaurant here in
The New Fillmore's
Restaurant Section!
Call 931-0515

vivande
ITALIAN FOOD
porta via
TO GO
Rosticceria
COOKSHOP
salumeria
DELICATESSEN
trattoria
CAFE
pasticceria
PASTRYSHOP

For a translation of your needs,
call for complete information: 346-4430

VIVANDE
Porta Via

2125 Fillmore Street San Francisco CA 94115
Delivery Available

FREE DINNER

Buy one entree at the
regular price and receive
the second entree of equal
or lesser value FREE.

VALID FROM 4PM-9PM
with this ad expires 10/31/86
Major Credit Cards Accepted



MAY SUN
RESTAURANT
Teriyaki & Mandarin Food

Hours: Mon.-Fri. 11:30am-9pm
Sat. 4pm-9pm

1740 Fillmore St.
(at Sutter)
567-7789

Letters to the editor

From page 3

all of this action. This has been for the last fourteen years. Is Fillmore Street really ready for a "street fair"?

Thank you,
Jerry "Nihonmachi"

Dear Editor,
I am writing in regard to the two articles in your August issue of The New Fillmore regarding the police decoy program which has targeted stores that sell alcohol to minors. As your readers may know, this citywide program was established some months ago by Chief Frank Jordan in response to the growing number of crimes and other problems created by the use of alcoholic beverages by minors. As your article points out, before the program began all liquor licensees were notified by letter from the Chief of Police that the program would be started.

I would like to provide you with additional information on this program:

A. All decoys are no older than 19 years of age. They all carry identification that lists their true date of birth and are instructed to present their identification and to state their true age if asked.

B. The decoys are always accompanied by one or more police officers to protect them, issue the citation if necessary, and attest to the actions of the decoy and merchant. Since the program began in June of this year, over 1,000 retail establishments have been visited by these decoys and more than 250 citations issued. Within the Northern district, 141 businesses have been visited with 56

citations issued.

Due to the large number of establishments that have sold alcohol to these minors, this program will soon be extended to businesses which sell alcoholic beverages off-sale (bars and restaurants).

On behalf of the police department I wish to thank you for providing space for Officer Ben Vigil's Crime Watch article every month. If any of your readers have any suggestions for future articles, you may contact Officer Vigil at 553-1561.

Yours very truly,
Frank M. Jordan
Chief of Police

by Captain Thomas L. O'Donnell
Commanding Officer
Northern Police Station



**CLEAN
MACHINES**

VACUUM CLEANERS
SALES / SERVICE / PARTS
1724 FILLMORE STREET
SAN FRANCISCO, CA 94115
346-VACS



Fall Catalog

- MEXICAN FOLK ART -

- ORIGINAL PIECES
- FIGURES • POTTERY
- MASKS • WEAVINGS
- "DAY OF THE DEAD"

La Llorona
Folk Arts of Mexico

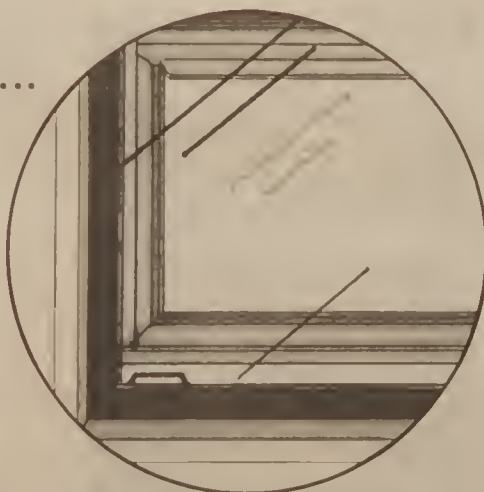
ILLUSTRATED - \$1.00
CATALOG

P.O. BOX 328 PINOLE, CA 94564

SILENCE, PLUS.... WINDOW SYSTEMS

Now reduce the noise level in your home or office with the simple and inexpensive installation of newly developed acoustical windows.

Silence, Plus....
Window Sytems installs a second interior window over your existing window structure, sealing off the rooms acoustically and thermally from outside noise and temperature. A quick and inexpensive solution to noise and thermal problems. About half the cost of conventional solutions. Call for a free estimate.



Silence, Plus....Window Systems are installed over your existing windows on the inside creating a tight air pocket that shields against noise and outside temperature.

Les Dugan
Renovation Specialist
2723 Pine Street
San Francisco, CA 94115
(415) 922-0102

S - ONE CALL WE HAVE IT ALL -

SILVER GLASS & MIRROR CO.

COMMERCIAL, RESIDENTIAL, INDUSTRIAL
STORE FRONTS ■ WINDOWS
NEW & REPAIRED SHOWER DOORS
GLAZING ■ SKYLIGHTS
MIRRORS CUSTOM & DESIGN
INSULATED GLASS

FAST SERVICE
MON.-FRI. 7 TO 6
SAT. 9 TO 3 **931-3188**

2176 Sutter St. Between Steiner & Pierce
SAN FRANCISCO, CA. CONTRS.LIC# 462516



FILLMORE HARDWARE

- Housewares
- Window shades
- Plumbing
- Electrical
- Paints
- Lumber
- Keys

1930 FILLMORE ST 346-5240

SALE Levolors

30% OFF
1-3 UNITS

40% OFF
4+ UNITS

RIVIERA

The Best!

Color Scheme

2047 FILLMORE AT CALIFORNIA
SAN FRANCISCO TEL. 346-0700

Chernobyl conference

From page 5

with the U.S.S.R. State Committee on TV and Radio, while Kim manages the Lone Mountain end. It is a role reversal for them; in the past it has been Kim who has travelled to Moscow and Evelyn who has handled the U.S. side. But they both felt it was time for a change.

The germ of the original spacebridge idea occurred to them when they were involved in a special PBS Thanksgiving show in 1980; a live connection between five different locations in the United States where people were having Thanksgiving Dinner. Art Buchwald was in the studio in Washington, acting as host for the program. It was designed to be a very varied group; a typical traditional midwestern family in Iowa, a children's home in San Francisco, a motorcycle gang in Boston. The idea was that they were going to be passing all their conversation through Art Buchwald. But what happened was that because they were on live and could see each other, they just began talking to each other and by-passing the moderator. "This was not something we expected to happen," Evelyn said. "We found it very interesting." Shortly thereafter they became involved in a documentary about nuclear disarmament and began having questions about the Russians; concerns of U.S. citizens about nuclear disarmament were all well and good, but what about the Soviet peoples, whose leadership presumably did not allow them to have a say in the matter? They got the idea for expanding the Thanksgiving Day concept to an international level, having a family in the U.S. talking at breakfast with a family in the U.S.S.R. having dinner. They dubbed it "the second kitchen debate" and ran it by PBS, but PBS turned them down because they felt the Soviets would never go for the idea. Shortly thereafter however, Kim mentioned the idea to Jim Garrison's predecessor at the Esalen exchange program, Jim Hickman. It sat dormant for awhile, until the

first US festival when Hickman approached Steve Wozniak and the first spacebridge was born.

Kim and Evelyn have worked on almost all the spacebridges since then, setting up among others the nuclear winter spacebridge, and consulting on the first Phil Donahue show linking U.S. and Soviet audiences. Kim and Evelyn tend to set up initial links between production units in the two countries, and then put U.S. production units directly in touch with Soviet counterparts if there is an ongoing, mutual interest in future spacebridges. The second Donahue spacebridge, for example, was done directly by the Donahue production unit after the wheels had been set in motion for the first Donahue spacebridge by Intermews.

One would indeed be grateful if this conference, launched from our neighborhood, results in some not-so-small way in our world, and therefore our lives, being a safer place to occupy. But if that is a result, Esalen's Jim Garrison sees it only as a starting point. "If there is one message I would like to put out to the local people here it is that this is just a local organization doing it." Jim said. "The whole basis of citizen diplomacy is ordinary people seizing an idea and putting the package together."

What lies in the future for citizen diplomacy after "Chernobyl and Three Mile Island; Lesson for the Future?" For path-finding Esalen it is to broaden the Exchange Program's focus on U.S.—Soviet entrenchments to a more global perspective. Jim is taking the opportunity of the conference to announce that the program is changing its name from the Esalen Soviet-American Exchange Program to the Esalen International Exchange Program. "We are using this opportunity to change our name because we feel the international component of cooperation transcends the problems between the Soviet and American governments," Jim said. "While U.S.—Soviet relations will remain the centerpiece of our

work, the name change reflects a growing recognition on our part that the world is round, and not just a polarity between Moscow and Washington."

It seems to be the month for global teleconferences launched from our neighborhood. On September 24 the Pacific Presbyterian Medical Center, located as most of us know by now at Clay and Buchanan Streets, is hosting a three-hour video teleconference with opinion leaders in law, medicine, ethics, business and government, downlinking in the Herbst Theater from 10 am to 1 pm, and moderated by Ted Koppel. The purpose of this satellite teleconference is to explore fundamental issues regarding juxtaposing the quality of life with the costs of prolonging it. While on a different subject matter than "Chernobyl and Three Mile Island: Lessons for the Future," the title of this satellite conference might prove to be equally appropriate for the U.S.—Soviet satellite exchange on Chernobyl and Three Mile Island. It is called: "Who Lives, Who Dies, Who Decides?"

--David Ish

Having a Sale?

Don't just rely on

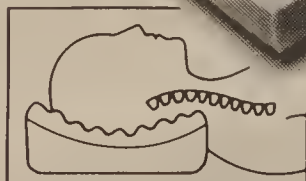
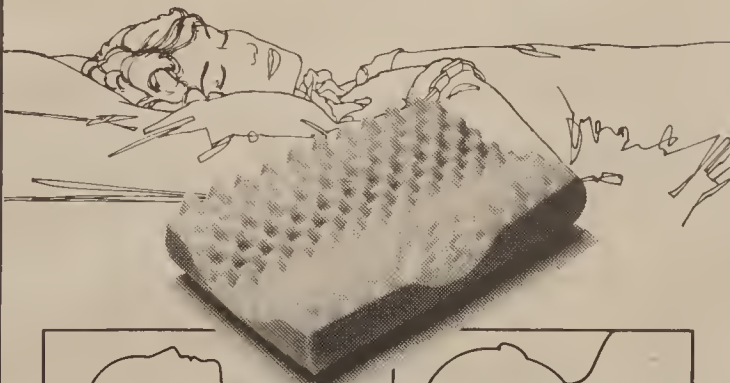
Street traffic!

**Let the rest of your
neighborhood know
what you're up to**

**Advertise in the New
Fillmore!**

Call 931-0515

The new shape of a good nights sleep.



With NECK-PILLOW the cervical spine retains the natural contour.



The NECK-PILLOW assures correct alignment of neck on your side.

Now there's a unique pillow created to relieve painful neck strain and morning stiffness.

Anatomically designed by a doctor, NECK-PILLOW's™ patented multi-layer shape cradles your neck and gently supports your head all night long. NECK-PILLOW is sculpted from 100% non-allergenic polyurethane foam, complete with a washable zip-off cover.

Regularly - \$36.00

With this ad - \$32.00



1848 fillmore street . san francisco . 94115

HEARTLAND

quills & country flourishes

select american folk art

*1801-a fillmore at sutter
san francisco*

931-7622

Fillamento A Rising Video Star On Fillmore

For one heady week in August, fillamento owner Iris Fuller, her staff, friends and family became actors, actresses, and assistant crew for an entirely new marketing concept - an entertainment shopping video produced by Walk-Thru Productions and directed by Emmy Award winner Shanda Sawyer.

Known as a trendsetter, the Fillmore shopowner has done it again by committing staff time and money to an innovative, MTV-style video mail-order catalog. A potentially profitable marketing device originated by Walk-Thru founder, Jim Hollenbeck, but up till now just a great idea.

"The project will debut the first week of September in a test market of video rental stores in San Francisco," said Walk Thru producer, Beth Robinson. The result of this unusual Fillmore -goes - Hollywood experience is an eight minute video shopping catalog showcasing over 30 products in a series of fast-paced vignettes. Dancing girls, magicians, jugglers, a *Devo*-like businessman who transforms into a hip beachboy, and a sophisticated romantic couple perform to upbeat music by Cookie Marenco. The shopping video will be rented at no charge to customers when they rent a standard tape. An order blank listing the products, styles and prices accompanies the fillamento tape.

If you're like most Fillmore residents you could drop a small fortune in fillamento, a high-tech "lifestyles" store. Products displayed in the video represent the wide range of items available there: housewares, furniture, office and party supplies, paper goods, and fun trends like heart-shaped pink plastic buckets. {The name "fillamento" clearly derives from its location between Fillmore and Sacramento.}



Why is this woman smiling and pouring Champagne? fillamento staff and Walk-Thru production team toast the wrap of the 1st shopping video on Fillmore and perhaps for that matter the world....

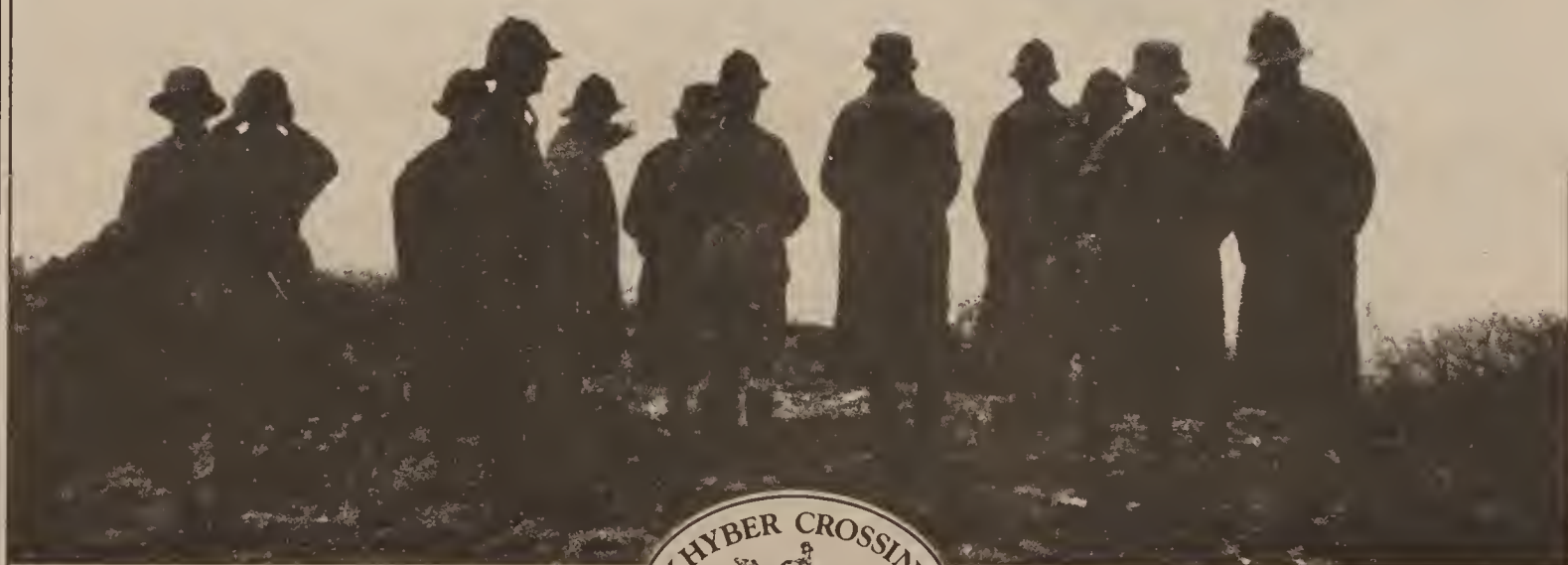
(Clockwise L-R) Robert Perez, Beth Robinson, Gill Fuller, Phil Price, Shanda Sawyer, Mark Dobson, Robert Milan, Jim Hollenbeck, Iris Fuller

Story and photo by Anne Coffelt

Shanda Sawyer explained the difference between directing and choreographing a shopping video and, say, a music video. "This is very product oriented. Ultimately we want the products and the feeling of the store to come across. If you look at this as a music video, fillamento is the artist, fillamento is who you're promoting-- the feeling and the image of the store. That's its fun and its excitement."

On the making of the video, Iris Fuller commented, "It was one of the most wonderful, exciting, creatively consuming experiences we all had ever had. Team effort was really a big part of it. I personally want to thank everybody who contributed their time, effort and energy." What next from fillamento? The New Fillmore advises you to stay tuned...

LOOK WHAT'S COMING IN SEPTEMBER



LADIES FINE CLOTHIER

HEIRLOOM JEWELRY

UNIQUE GIFTS

IMPORTED SOAPS & SCENTS

AT THE CORNER OF FILLMORE AND CLAY STREETS



The New Fillmore -- After a Fashion

by Kathi Wheeler

WHAT ARE THE QUALITIES OF QUALITY?

Talk of a person, and the cut of the cloth depends on what it is you value about them. Talk instead of their clothes, and the value lies most often on what you care to pay for. First impressions being what they are, the quality of your suit of clothes often becomes the measure of your first public moments.

On the one hand, Thoreau's very good advice, "beware of all enterprises that require new clothes," is the credo of comfort and, 'I look good when I feel I look good, thank you very much.' On the other hand, we don't spend every one of our days hanging out around a pond.

The term 'quality' today has been stretched and abused by retail advertising until, to many, it is as unappealing as worn-out polyester. Why does a woman's dress cost \$290, and another costs \$59? Why does a man's wool suit cost \$900 at one place, and \$200 down the block? After colors and cuts, and especially labels, what is the difference? How do you read a price tag? How do you know what quality is?

QUALITY IS IN THE CONSTRUCTION.

Actual weave and final finish of the cloth itself, the content and construction of linings and inter-facings, down to the buttons and fasteners - determine how long the clothing will wear, and how well that will be. Apart from the actual tailoring (and the draw of leaving a label hanging around to impress your so-called masses), that is what you pay for.

QUALITY IS IN THE FABRIC.

Suits and dresses are most prevalent, each fall, in wool. Wools are easier to tailor and, depending on the weight, can keep you warm in winter and cool in summer. Especially in San

Continued on page 14



PHOTO CREDIT: TJA DODGE

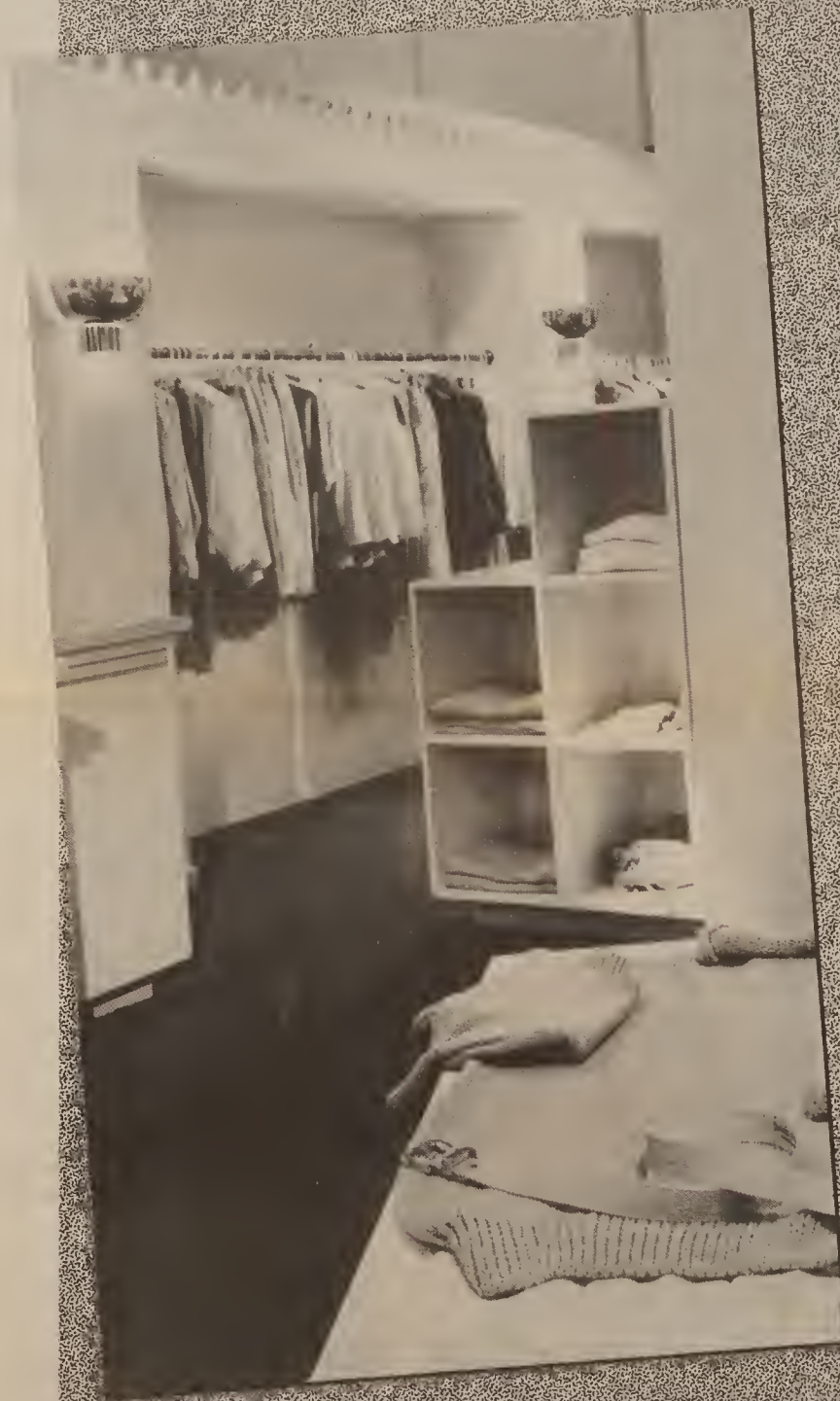
Antique lace wedding clothes and sensational beaded evening wear

PAINTED LADY

1838 Divisadero Street
San Francisco, Ca. 94115
(415) 563-1073
Mon.- Sat. - 11:30- 5:30

F I N A L L Y

A Clothing Store
Designed Just For You.



ZOE

2400 Fillmore Street
San Francisco, CA 94115
415.929.0441

Design: Keilani Tom Design

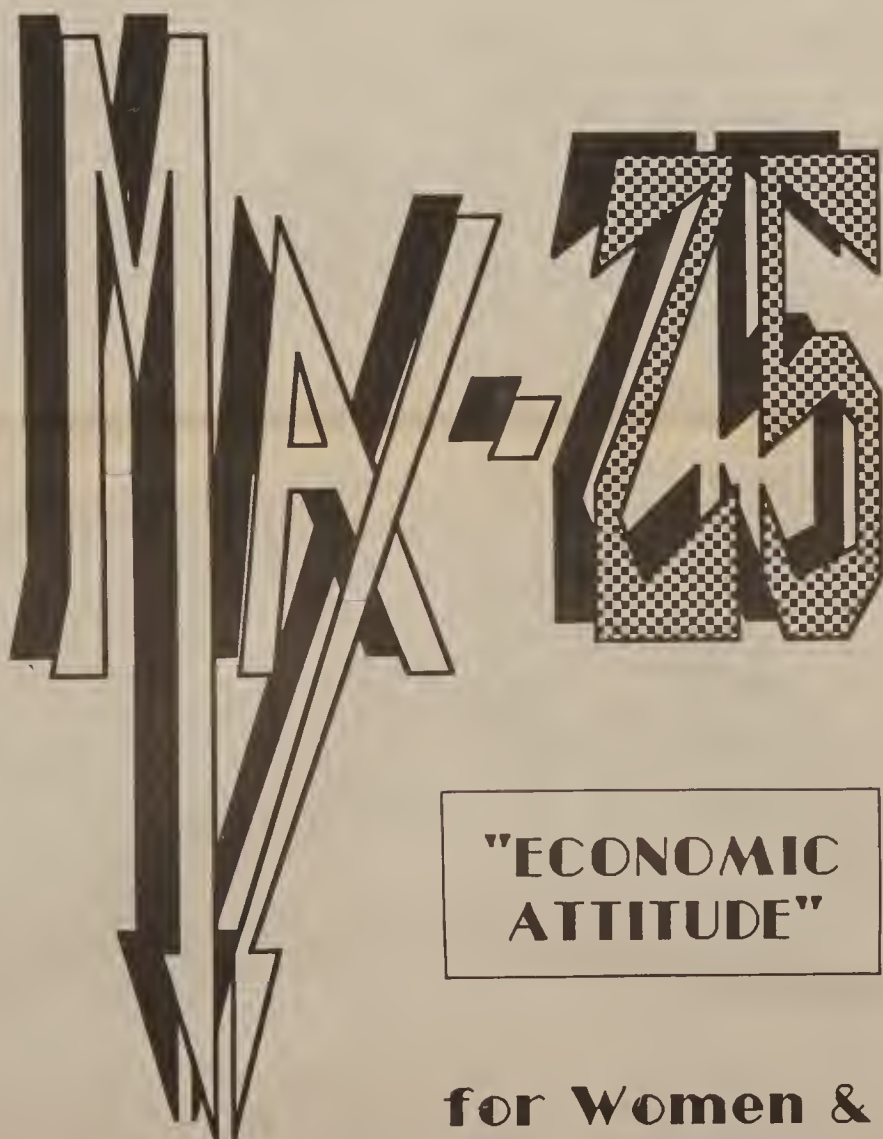


Let's Go Shopping!

Enjoy a guided tour of San Francisco's wonderful world of fashion with an experienced fashion consultant who knows the city and the fashion business inside out. Here are some of the services I offer:

- Where to view and purchase fashions by local designers
- The best boutiques, and the best places to buy imports
- Appointments at top private salons
- Individual or group tours
- Fashion gifts for holidays, anniversaries, birthdays and Valentines Day

Call for further information or to make your appointment



"ECONOMIC
ATTITUDE"

for Women &
Children's clothing

OPENING IN
SEPTEMBER!

2550 Sacramento
(between Fillmore & Steiner)

563 - 1713

FILLMORE FASHION

from page 13

Francisco's climate, you choose tweeds, flannel, worsted, lighter-weight gabardine and jersey - plus the prince of wools, cashmere. Cashmere is clipped from the undercoat of the Kashmir goat and can be either knit as a woolen or woven into a twilled cloth. Antonio Marenese, executive vice-president of Italy's largest menswear manufacturer, is quoted in *Esquire*, explaining, "Persian Goats and many Chinese breeds produce a fine wool with a darker tone, but the very best comes only from Inner Mongolian goats, which yield an exceedingly long-staple wool of the purest white. Because of cashmere's fine softness, it is blended to achieve enough body for most suitings. An ideal blend to look for has 30%-50% cashmere.

AFTER FABRIC - WHAT CONSTITUTES THE BEST QUALITY?

Cutting and interfacing can contribute greatly to the cost, and your clothing's ultimate value. Hand-cutting means the fabric is laid against a pattern and formed piece-by-piece. Machine-cutting is performed with a straight knife on a stack of fabric. Obvious, hand-cutting is finer - and more costly. Interfacing creates the skeleton of a jacket and keeps it in shape better, longer. The best interfacing is light weight, usually wool buckram, and sewn into place.

IT ALL COMES DOWN TO CRAFTSMANSHIP

When you buy ready-made clothes, judge the final cost by measuring price tag against the conditions of quality.

Fabric should feel soft, it should drape gently - and loose ends, thread bunching and knotting should be practically non-existent.

Collars should lie close to the neck and flat; cuffs should be smoothly finished and match evenly at the button or clasp; sleeves should be set smoothly into the shoulders with no puckering.

Stripes and plaids should match at the pockets and flaps - also check collar, seams and sleeve joinings.

Buttons! They should complement the fabric color and be evenly formed. Higher quality is apparent in woven leather, genuine bone or mock bone or tortoise and solid embossed brass.

Continued on page 16



vintage and contemporary
formal wear
announces

our new location
exclusively for
formal wear rental and sales
1780 Haight Street 668-3744



the best of everything

2502 clay (off fillmore) san francisco 94115, (415) 563-BEST



**Sweaters!
Sweaters!
Sweaters!**



WOMENS CLOTHING
& LINGERIE

2323 Fillmore Street
(415) 931 - 3232



You don't have to be a dummy to read The New Fillmore -- but it helps! Mio in decorating her window last month graciously gave the paper a little window space. Photo by Anne Coffelt



EVERYTHING OLD
IS NEW AGAIN

—THE—
WAY WE WORE
2238 FILLMORE ST
346-1386

MON-SAT 11-7
SUN 12-5

CLASSIC VINTAGE
CLOTHING
AND ACCESSORIES
FOR MEN
AND WOMEN

Consultation and Custom
Lab Work. Prescriptions
Handled Immediately
Couture Collection of
Frames. Personal
Appointments Welcomed.
10-6, Monday-Saturday

INVISION
1907 FILLMORE
(BETWEEN PINE
AND BUSH)
SAN FRANCISCO
CA 94115
415 563 9003
EUROPEAN
EYEWEAR
SALON



invision



kōzo

Kozo Designer Salon
2116 Fillmore Street
San Francisco 94115



mio

contemporary
women's wear

2035 FILLMORE
SAN FRANCISCO
CA 94115
415-931-5620

FILLMORE FASHION

From page 14

Lengths vary, but hems should be ample enough for minor lengthening, easy-to-remove and hung evenly; you should be able to shorten without puckering.

Since Fillmore Fashion comes completely from small boutiques, higher quality can be found here. I think it's mainly because these shops are owner-operated, and a large part of the owner's satisfaction (and success) comes from an ability to recognize quality and pass it on. For example: **Zoe** is currently carrying a **Perry Ellis** line of winter white jackets with (or without) matching wool flannel skirts--prices range from \$107 for the skirts to \$197 for matching sets, and again, in quality wool they have hand knitted cardigans in an assortment of colors in prices ranging from \$137 to \$192; **Mansfield's** has a combination of wool and linen sweaters, skirts, blouses and slacks in the **Cullaine** line as well as **Hathaway**, **Gusto**, and **Christian Dor**--prices range from \$60 to \$280; and at strictly sportswear **Jim-Elle**, where the focus is on quality natural fibers, such as sand-washed silks, wools and cotton, designers include **Yoji Yamamoto**, Italy's **Romeo Giglio**, **Harriet Selwyn** and **Beverly** and **David Navarro**--prices range from \$100 and up; and of course, both **Kozo's** and **Mio's** have a stunning selection of designs in wool.

Three new fashion stores open this month in the New Fillmore

Khyber Crossing, Max 25 and Expecting the Best are three new fashion stores opening in September in the New Fillmore area.

Khyber Crossing, which will open in the old Hoffman and Husband location at the corner of Clay and Fillmore is the second location for the store, which opened its first store a year ago in Montclair. Khyber Crossing co-owner Betty Montgomery characterizes the store, which has been highly successful in Montclair, as carrying "well bred clothing for people who are secure in their way of dressing." The look, which is very classic and traditional to the point of being English still has a fashion edge however. "It's for people who want to be fashionable without being trendy," Betty said. In addition to the clothing, the store also features international gifts from all over the world and the overall look of the store has the feel and look of the British Raj in India, according to Betty. Hence the name Khyber Crossing, named after the trading center at the border of India and Afghanistan.

Max 25, featuring both women's and children's clothing, also opens in September at 2550 Sacramento Street, between Fillmore and Steiner. Store owner Rorie Alos carries the phrase "an economic attitude" as part of her logo, stressing value as well as style. "I think there has to be a limit to the number of \$200 blouses a woman wants to buy," Rorie said. Emphasis in clothing will be "free style, comfortable, elegant, simplicity for the sophisticated woman," Rorie said, "but it will definitely be affordable." There will also be lines of children's clothing, (up to age 7), and novelty gifts for children up to that age, including teddy bears. "The whole point, Rorie said, "Is to have things that will make you feel good and smile."

Continued on page 20

Jim-Elle hosts clothing designers Sept. 6.

As part of its on-going celebration of its first anniversary here on Fillmore Street, Jim-Elle is hosting three of its favored clothing designers on Saturday, September 6. From noon on the store will be open to the public to meet designers Harriet Selwyn and Beverly and David Navarro. There will be a featured showing of Selwyn's apparel and the Navarro's innovative jewelry.



Looking Good

by
Elana Laub

Most of us have an unusual beauty item in our private stock

NEW AND UNUSUAL BEAUTY FINDS

that is indispensable. We must have it with us wherever we travel, because the idea of being without it is unthinkable. Over the years, I've collected a great many unusual beauty "finds." I've selected a number of my current

favorites to share with you.

One of the best conversation pieces I've ever owned, as well as one of the purest and safest cosmetics, is "Le Crystal Naturel," a natural salt crystal from France. "Le Crystal" is a fragrance-free, non-irritating deodorant. You simply wet the elegant rock crystal, rub it under your arm for a few seconds, let it dry, and you are odor free. As with many cosmetics, this crystal was known to ancient civilizations; in this case, the Romans. It is gentle enough to use after shaving, contains no aluminum chlorohydrate, and does not stain clothes. The crystal lasts for at least six months, and in addition to its virtues as deodorant, its diamond-like appearance adds a touch of beauty to the bathroom.

The "Denty-Box" is an unusual, purse-size toothbrush, excellent for travel and camping. The little white box contains a brush (in a choice of bright colors) that attaches firmly to the case (which serves as the handle), a small replaceable tube of toothpaste, and a plastic toothpick. All of this is not much bigger than a pack of chewing gum, but much better for your bite! "Denty-Box" is the Mercedes-Benz of portable tooth brushes and, not surprisingly, is imported from Germany.

The "Sepalash" eyelash comb is also imported, from England. It is noteworthy for its extremely fine brass teeth. And, as a personal aside, it spared a friend of mine from the loneliness of a lifetime of blindness. I used to watch this daredevil sit before her magnifying mirror and separate her fine, newly mascaraed lashes with a safety pin. I couldn't stand it. Later, heeding my advice, she tried "Sepalash." She now owns at least ten!

TRAVELING AIDS

Most people are very mobile these days and need portable, packable hair appliances. My

favorite tiny dryer is the "Microturbo." Not only is it light, tiny and strong (1200 watts), but it also has a switch for foreign or domestic currents (110v or 240v).

Clairol has just put out a set of eight medium-sized rollers in a slim case. The rollers actually heat up in 90 seconds. We've timed it and it's true! No more sitting around waiting for the red dot to turn black while your entire life is on hold. They're perfect for office emergencies.

The smallest and most portable of all these wonderful things is the "Babyliss," a collapsible curling brush with an electrical cord. You simply pull out the iron to use it and push it back into the handle when you're done. And, the case is not much bigger than that of a pen and pencil set.

The great ladies of the beauty world often recommend that, prior to an evening on the town, you indulge yourself with a 10-minute lounging session, complete with a cool pack for tired or swollen eyes. This works best when you put your feet up and lower your head into a gently inverted posture. We have a vinyl mask that can be refrigerated for several hours and then placed over the eyes for just such a get-up-and-go treatment. Place it in a pan of hot water and it is a warm pack for headaches, sinus irritations or the discomforts of head colds.

It really makes sense to track down the unusual beauty find. That way you'll have your favorite item on hand and ready for action when you need it most and haven't any time to look for it! You'll feel as smart as a cat and very pampered in a high pressure world!

All of the products recommended in "Looking Good" are available at all BEAUTY STORE locations (Fillmore Street and three others). If you have any questions, come by and our experts will point you in the right direction!

"Looking Good" appears monthly in THE NEW FILLMORE. Elana Laub is co-owner and vice president of BEAUTY STORE.

New Tanning Salon opens on fringe of neighborhood

"The Cabana Club," a tanning salon with a social spin has opened on the fringes of the neighborhood at 3151 Fillmore Street, down the hill near Greenwich. More service and socially oriented than the conventional tanning parlor, the club has a lounge for hanging out before and after entering the tanning rooms, and a small bar that serves juices and wines. The bar is only available for tanning customers and is not open to the public in general.

Six full body tanning rooms and two facial tanning machines are available. The Club is offering an introductory 25 minute full body tan for \$6.00.

CALL FOR
INTRODUCTORY
SPECIALS!

**ONE STOP
BODY SHOP**
FOR WOMEN AND MEN

Deluxe personal care services

Finger Fetish
Rhonda Prudente
(415)-FINGERS

CHEVEUX
Creative Hair Design
Joanna Walner 923-9002

DALI EUROPEAN SKIN
AND BODY CARE
922-FACE

2358 PINE STREET

(BETWEEN FILLMORE AND STEINER)
Call for appt. our place or yours

The Daily Scandal

Volume 1, No. 3

Sometime in September

2¢

Financial District Investment Banker Makes Startling Admission:

**"Before I discovered
Beauty Store I secretly
dreaded my lunch hour!"**

SAN FRANCISCO — In a startling admission bound to sink many ships, investment banker Lucy Lipps revealed that BEAUTY STORE was her only lunchtime salvation.

A victim of too many power lunches and breakfast meetings, Lipps found herself looking haggard...until she discovered BEAUTY STORE! With everything for her health and beauty needs conveniently located for



LUCY LIPPS,
Investment Banker

easy noon shopping, Lipps feels, once again, in control of her life.



Indeed, her biological clock has even slowed its ticking!!

BEAUTY STORE: The best professional services and name brand products to keep you fit, beautiful, and in control.

BEAUTY STORE

BEAUTY STORE
FILLMORE
(by Sacramento) 346-2511

BEAUTY STORE
EMBARCADERO
(Four Embarcadero, Street Level)
982-5599

BEAUTY STORE
MARINA
(Chestnut by Divisadero)
922-2526

BEAUTY STORE
UPPER MARKET
(Market at Nue)
861-2019



Les Dugan fingers the answer to a problem which really troubled him when he moved to noisy Pine Street -- the almost constant din of traffic going by. Because he had worked as an energy consultant he got a lead on interior windows that install over existing windows and create an air pocket that not only insulates against temperature, but sound. They cost about half as much to install as conventional solutions, and he's become so enthusiastic about the job they've done for him he's become a distributor for the product.

A sound idea for a quiet life

When Les Dugan moved back to The City from Tiburon a couple of years ago he had become so used to the quiet he found the constant din of city traffic almost unbearable. Fortunately for him he had been an energy consultant, and his work had put him in contact with a low-cost product that he realized was not only an excellent insulator for temperature, but for noise as well. The elegant Victorian Bay windows in the front of his upper flat on noisy Pine Street between Divisadero and Baker are now covered with interior, almost invisible acrylic windows that create air seals over the original window structure and cut the noise level almost 20 decibels from a loud 65 db to a very quiet 45 db. It shows. Les is a quiet and peaceful man. But he turns mean when it comes to noise.

"City noise has no respect for one's privacy," Les says. "It is one of the most pervasive of urban pollutants. People should be able to live in the city and live quietly. That's what these windows help them to do."

The windows are simplicity itself. They're custom cut and installed on site, as that's the only way to insure a snug fit, particularly in older buildings with settling problems and window frames that are no longer, well, square. The window frame is measured and a thin metal

frame is secured to the inside of the wood frame with wood screws. The acrylic window is then cut to fit inside an identical thin metal frame that is magnetized to snap to the metal frame screwed into the wood so a tight seal is created to block out both sound and temperature.

"It works just the way a refrigerator door does," Les said.

Les has gotten so enthusiastic about the product that he's wound up becoming a distributor for it. He says the cost of installing the windows would be about half the cost of a conventional acoustical solution -- that being putting in double thick glass in the original windows. That can also cause a problem with weight, Les says.

If you're thinking of taking care of a noise problem of your own, he suggests that you act quickly. After December 31 your access to a quiet city life will be impeded when the new tax bill wipes out tax credits available until the end of the year.

"It's an important investment to make," he said. Estimating the cost of the flat next to his at \$250,000 he said, "They have a front parlor next door that costs them \$50,000, and they can't even sit in it and hold a quiet conversation."



Putting Nutrition First

by
Dr. Richard Kunin

Questions and Answers about nutrition and your health.

A craze to take with more than a grain of salt.

I am frequently chastened by my wife for putting too much salt on my food. Is salt really all that bad for your health?

Does salt cause high blood pressure? Is the American Diet too high in salt? These are the actual judgments about table salt currently sponsored by the American Medical Establishment. Does the evidence really support this position? I think not!

Regarding the effect on health in general let me remind you that salt is an essential nutrient, essential to life. Without salt we die. No one should totally avoid salt intake. The challenge is how to determine the individual requirement relative to our metabolic state, level of activity and day to day changes in environmental temperature. Mother Nature designed our sense of taste and thirst to do the job. I don't think science has invented anything better!

How strong is the evidence against salt anyway? Let us start with the statement on salt by the Food and Nutrition Board of the National Research Council, the nation's highest authority on nutrition. Here is a key quote from their publication, Recommended Dietary Allowances:

"It is not clear whether sodium intake leads to the development of hypertension. However, there are no known benefits to the healthy person of excessive salt consumption, and there is a reasonable possibility that a low salt intake begun early in life and continued thereafter may to some extent protect the 20 percent of children who are at risk of developing hypertension later in life."

Free access to salt leads to intake of from 2.5 to 7.0 grams, and the Board recognizes 3 to 6 grams of salt per day as the Recommended Daily Allowance. However the minimum amount needed by a healthy adult is only 500 mg. Sweat contains 2 to 7 grams of sodium

Continued on page 20



Pacific Presbyterian Medical Center

Clay and Buchanan Streets San Francisco

563-4321

General Information; Patient Information and Calls;
Administration; All Business Offices

Emergency Department 24-hour service 923 • 3333

Physician Finder: 923-3800

A Free Physician Referral Service

Community Education Programs.....	923-3440
Department of Medicine	923-3575
Department of Surgery	923-3001
Emergency Department.....	923-3333
Kidney Dialysis Center	923-3258
Microsurgery Laboratory.....	923-3242
Northern California Transplant Bank	922-3100
Occupational Health.....	923-3320
Operation Concern--Gay Counseling	626-7000
Outpatient Clinics	
Eye Clinic	923-3901
Medical-Surgical	923-3377
Dermatology, Podiatry, Specialty	923-3366
Women's Health	923-3373
Psychiatric.....	923-3247

Pacific Presbyterian Home Care.....	563-4321
Patient Admitting	923-3438
Patient Financial Services.....	923-3385
Pharmacy, Outpatient.....	923-3350
Physician Referral Service	923-3800
Pacific Presbyterian Psychiatric Institute	
Inpatient Services	923-3252
Outpatient Services.....	923-3248
Geropsychiatry	923-3255
Family Therapy	923-3248
Pyramid Health Center	
600 Montgomery St.....	983-5850
Radiology	923-3232
Magnetic Resonance Imaging Center	923-3674
Rehabilitation Services	923-3395

Garden Sullivan Hospital 921-6171

Back problem?

Let our expert physical therapists work with either your physician or our consulting physicians to get your back back to work.



Backs To Work

931-5111

2876 California Street
San Francisco, CA 94115
Between Divisadero & Broderick



Exercising Your Options

by David Kirk

On the circuit

In the last few columns of "Exercising Your Options", we have discussed weight training, aerobics, low-impact aerobics, swimming, basketball, and tennis. Most of us are familiar with, or participate in, one of these forms of exercise. One of the advantages of participating in more than one form of exercise is that the ability to stimulate your body in a different way, preferably balancing a strength form of training (weight-lifting) with an aerobic form of training (aerobics, swimming, etc.)

Now what if I told you that you can combine both strength and aerobic training in the same exercise? "Sure", you say, "swimming already does that for me". Yes it does, but in a limited fashion. To use swimming as an example, it does require muscular strength, but for only a limited number of muscles in the upper torso. Secondly, it does require aerobic endurance, but the ability to sustain and monitor the aerobic portion of the exercise is complicated by the pool, the participants, and the nature of the sport.

Before we talk about circuit training, let's review some important concepts of exercise. First, what is aerobic exercise? Aerobic exercise is accomplished when your heart rate is 70% to 85% of its maximum during exercise. The maximum rate your heart should ever beat is calculated by subtracting your age from 220. From this number, you then calculate what 70% to 85% is. This is aerobic exercise. You are not aerobically exercising when you train at 60% of your maximum heart rate, nor are you at 90% of your maximum. This range is crucial to enhancing the benefits of aerobic exercise; weight loss, cardiovascular endurance, etc.

Secondly, what is strength training? Strength training and muscular improvement is accomplished when a weight is used to stimulate a body part by breaking down the muscle fibers slightly, followed by recuperation and a gradual building back up of the muscle. Strength training is primarily, but not limited to sets of repetitions done from 1-15 times until no more repetitions can be accomplished. The advantages of strength training include, increased strength, improved performance in other sports, and a better looking physique.

Now the question is, "How can I do both at the same time?" Since we all don't have 5 hours a day to exercise, there is an advantage to participating in a form of exercise which maximizes both the aerobic aspect and the strength aspect. Welcome to circuit training!

Circuit training is a series of exercises (10-15) done in sequential order at a rate of 30 seconds per exercise and 30 seconds of rest. Different circuits vary, with some having 60 seconds of exercise or rest as a component.

The individual exercise circuits could include Nautilus machines, freeweights, Universal equipment, and floor exercises such as sit-ups, burpees, running in place, etc. The training and the movement to the different 'stations' is led by an instructor who notes the 30 second intervals to the participants, and demonstrates proper technique to beginners. The weights used on the machines or the freeweights is typically 40% of one's maximum, performed 12-15 times. The circuit itself can be accomplished twice for a total of 20-40 minutes of exercise. The key here is to strike a balance between pure strength training (1-6 repetitions) and pure endurance training (20 repetitions plus) while maintaining an aerobic heart rate.

Can circuit training be accomplished without a gym? Yes. The trick is to develop a series of exercises which can be done in an orderly fashion. Each successive exercise should work a different muscle group than the previous exercise. This allows one group of muscles to recuperate while you are developing another muscle group. Your choice of exercises will depend upon your knowledge, your interests, and your imagination.

Finally, have you ever heard of a par course? A par course is similar to circuit training except that a period of running or fast walking is accomplished between exercises. A par course can be done outside along a pre-set course in cross-country fashion, or in a gym with either running in place or jogging around the gym between exercises. There is a par course located in the Marina, Golden Gate Park, Mountain Lake Park on Lake Street, and Lake Merritt in Oakland.

So, there you have it. A beautiful, efficient, productive form of exercise which allows you

to experience aerobic activity using a great amount of muscles in resistive exercise. Your overall body tone and muscular development will be enhanced, while increasing cardiovascular endurance. What else is there? If you have any questions about circuit training; how to start, where to go, etc. you're welcome to give me a call at 563-6694. Yours in fitness.....D.K.

David Kirk manages the Pacific Heights Health Club.

**Weight coaches,
instructors, health
clubs, aerobic
studios:**

**Exercise
advertising
muscle!**

**Put an ad in The
New Fillmore's
Exercise Section.**

Call 931-0515

Fitness Zone

- Low Impact Aerobics
- Different Level Aerobics
- Circuit Training

- Post & Prenatal
- Mom & Baby Class
- Large Woman Class

STRETCH & TONE

INDIVIDUAL PROGRAMS • SAUNA

346-8000

3429 Sacramento, San Francisco 94118

THE BEST SWEATSHIRT EVER BUILT!

That's Russell Athletic.



Come get your hands on the best sweats Russell Athletic's ever built—deluxe, premium-weight sweatshirts and pants. With their thicker, softer fleece fabric, top quality construction, and roomy, made-for-action cut, Russell Athletic sweats are the new American standard in active and performance wear. Come choose your deluxe Russell Athletic sweats in a wide range of athletic colors and in sizes S to XL.



1860 Fillmore
(Between Bush & Sutter)
921-3677

1632 Haight
861-4697

PACIFIC HEIGHTS HEALTH CLUB OFFERS YOU:

- Full Line of Nautilus Equipment
- Free Weights
- Life Cycles
- Steam Room
- Sauna
- Sun Tan Tables
- Whirlpool
- Masseurs
- Towel Service
- Spacious Shower Facilities
- Attended Locker Room
- Dancergetics aerobics

6:00am-11:00pm Monday-Saturday 7:00am-10pm Sunday

2356 PINE STEET, SAN FRANCISCO
(415) 563-6694

Salt Craze

From page 18

chloride per liter and under conditions of heavy physical activity in hot weather there may be over 3 liters of sweat, ie. over 21 grams of salt loss.

From the foregoing one would expect that active people could actually run short of salt, be deficient. Dr. Douglas Hiller found almost a third of the athletes in the 1984 Triathlon World Championship were low in sodium. This is known to be a life-threatening condition because severe depletion causes convulsions, coma and cardiac arrhythmia. Heavy exercise favors salt loss through sweat and also through a newly discovered hormone produced by heart muscle in response to exercise. This hormone, atrial natriuretic peptide, causes increased sodium excretion proportional to the amount of exercise.

This is important for the thousands of amateur athletes, joggers and marathoners, particularly those who are mistakenly persuaded to avoid salt as part of their health program. I well remember one of my patients, a 68 year old man who forced himself to run a mile every day despite severe leg cramps that pained him from the very first 100 yards. He had avoided salt in his food for years and after running each day he spent half an hour in the sauna, a

routine that further depleted him. His leg cramps disappeared completely within a week after he took my advice to salt his food!

Even sedentary lifestyles can carry salt avoidance too far, causing symptoms of mild to moderate salt depletion: weakness, irritability, cramps and mental depression. Dr. Mohan Gehi found low sodium levels associated with impaired mental performance test scores in medical patients. Dr. Iain Gleadhill found a 12-fold increase in schizophrenia in patients with low serum sodium compared to the population at large.

These findings heighten my concern that low sodium intake, which is now a common condition, may be a greater health hazard than is high sodium, particularly among those who take diuretics regularly. In fact a major government study of hypertension called the MRFIT study showed a significantly higher death rate in those who took diuretics more than once a day.

As for the hypertensive effects of salt, it is reassuring to find ample research evidence that up to a teaspoonful (5 grams) of salt fails to interfere with the blood pressure lowering effects of diuretic therapy in hypertensive patients. And the evidence that salt actually raises blood pressure is mostly limited to selected salt-sensitive individuals and larger populations at the extreme of high salt intake.

That there is more to blood pressure than salt is clear from the "surprise" research finding by Dr. Yamori of the Japan Stroke Prevention Center, who found that rats on a high salt intake developed hypertension only when deprived of protein. Apparently a high protein diet accelerates salt excretion and lowers blood pressure. The Japanese also studied humans in separate villages and found farmers got hypertension whereas fishermen did not. The urine sodium output was identical between the villages. However urinary sulfate, derived from animal protein, was higher in the fishermen.

Before permitting ourselves to be too surprised by such findings, let us notice that the landmark American studies which incriminated salt in the production of hypertension were performed by Dr. Lewis Dahl in selected salt-sensitive rats. I prefer the observations of Dr. Robert Holden, who studied a sample of the 2 million human adults in Connecticut, a group not selected for salt-sensitivity: the blood pressure of those at the top 10% of salt intake was identical to those at the bottom 10%.

There are many other factors that affect blood pressure, particularly potassium, calcium, the omega 3 fatty acids and the amount and type of carbohydrate intake. But the foregoing surely wakes us up to the fact that some key answers about salt and hypertension still elude us.

What to do in the meantime? I repeat: it is comforting to know that Mother Nature has endowed our taste mechanism with sodium sensitive channels: when depleted salt tastes good; when excessive it is sharp and unpleasant. For most of us the old rule still

taste preference.

For those of you with high blood pressure, heart symptoms, arrhythmia, epilepsy and edema, of course, the other old rule holds: consult your personal physician.

For all of us, the rules of healthy nutrition are: 1. variety, 2. moderation, 3. eat whole foods--- and 4. avoid poisons. And while you're at it, don't forget to enjoy your food. Pleasure is an important part of health!

Dr. Kunin is a Doctor of Nutritional medicine who has a practice here in the neighborhood. He is also the author of two books; "Mega-nutrition," and "Mega-nutrition for Women."

New fashion stores open

from page 15

This is Rorie's first venture into retailing, but for a young woman of 27 she has a business background which is formidable. She has an investment firm in Miami and a fleet of four limousines providing limousine service in Manhattan. She has had Rachquel Welch as a client for her Crystal Light commercials, and has just signed a contract with Dianna Ross to provide limousine service for her and her family.

Expecting the Best, which is now open at 1905 Fillmore Street between Pine and Bush, is San Francisco's only fashion-oriented maternity store. "The clothes we carry here are very much normal fashion wear, they're just designed for maternity," said co-owner Barbara Foreman, who is a partner with her sister in the store and two other "Expecting the Best" stores in Portland and Beaverton, Oregon, which have been open for three, years. Barbara has lived in San Francisco all this time, traveling to Oregon to help her sister with the original stores, but now branching out to open a San Francisco store which she can pretty much stay here and manage. In addition to maternity wear the store also carries infants and



Tender Loving Care
PET SITTING
563-3505
DOG WALKING.FLEA BATHS



SPECTRUM
exotic birds

**The New Fillmore is a
great place to
advertise!**

Try it!

**Act now!
Call 931-0515!**



fillmore

Open 7 days a week, Thurs nites till 8:00 • (415) 931-2224 • 2185 Fillmore at Sacramento

The New Fillmore -- Trivialized at last!

The following is an excerpt from the number-one best selling book "San Francisco Trivia" by local writers Bill Dolon and Karen Warner. These questions were selected to test your knowledge of the city and the neighborhood. Karen, who hostesses at the Pacific Heights Bar and Grill, has a new book coming out this month co-authored with Mike Lapuce. This one is called Hollywood Trivia. Answers to the questions are on page 22.

QUESTIONS:

- 1) Everyone knows that Nate Thurmond once owned a restaurant on Fillmore Street. But do you know the number on his Warrior's jersey?
- 2) Enrico Caruso had floral arrangements for his Palace Hotel suite supplied by this florist.
- 3) You parked your BMW in a bus zone on Fillmore Street. You must pay \$53.25 to this company for towing your car.
- 4) Originally all land west of Van Ness, from the Marina to Market Street was known by this name.
- 5) In Richard Brautigan's THE ABORTION: AN HISTORICAL ROMANCE 1966, an actual San Francisco Branch library was used as a model for a fictional library that accepted any book brought in person by the author. Name the real branch library.
- 6) This former political candidate is employed at the Jewish Community Center on California Street handing out towels.
- 7) In the 1957 movie Pal Joey, Frank Sinatra tries to open a night-club while coping with Kim Novak and Rita Hayworth. Which San Francisco landmark was used as the club in the film?
- 8) Prior to moving to the South American jungle, this group's headquarters was located at 1859 Geary Street, near Fillmore.
- 9) This street was once the dividing line between San Francisco and the Presidio.
- 10) What two streets were named after a milkman and his wife?

Pacific Heights
TRAVEL
SERVICE
INCORPORATED

By Invitation

Pacific Heights Travel cordially invites you to sample our professional travel services. With over 40 years of combined corporate and vacation travel experience, we are confident that we can coordinate all of your travel needs.

We are specialists in:

- () Personalized service
- () Worldwide reservations — air-land-sea
- () Off the beaten path journeys
- () Complete cruise packages
- () Competitive prices

To sample our personalized and professional travel services please contact us Monday-Friday between 9:00am and 5:00pm, Saturday between 10:00am and 2:00pm at:

**(415) 931-8000, 2211 Fillmore St.
San Francisco, Ca. 94115**

Member
ASTA
American Society
of Travel Agents



"You're not just our customers, you're our friends."

Do your one-stop shopping the friendly, neighborhood way with independent merchants.

Grand Central Market

Grand Central Poultry

Petrini's Meats

Viglizzo Family Deli

2435 California Street

SEMI-ANNUAL
S A L E!

FINAL WEEK

SALE ENDS SEPT. 13

HELP US MAKE ROOM FOR
NEW FALL MERCHANDISE—
MAJOR SAVINGS ON TOWELS,
RUGS, BATHROOM PRODUCTS!

THROUGHOUT AUGUST,
MONDAY 12-4
SUNDAY 10-6
2105 Fillmore (near California)
922-2929

LE COMFORT
BATH ACCESSORIES

2105 Fillmore St., San Francisco, CA 94115 415/922-2929



A good lunch was had by all at the topping out festivities August 15 for Daniel Burnham Court, the latest complex of condos and shops to enter the neighborhood. Located at Franklin and Post, the complex has a nine and fifteen story tower over a podium of stores. There will be 245 condos available, plus office space.

Trivial Answers

(Trivial Questions on page 21)

- 1) #42. His number was retired in 1978.
- 2) Podesta Baldocchi, originally called The Venice Floral Company. The florist shop is noted for the elaborate decorations it has on display during the Christmas season, a tradition that began in 1944.
- 3) ABC Towing.
- 4) The Western Addition.
- 5) Presidio Branch Library, 3150 Sacramento Street. Brautigan used the real address in the book and to this day, mail is received from inquiring authors.
- 6) Sister Boom-Boom (Jack Fertig)
- 7) The Spreckels mansion at 2080 Washington Street.
- 8) The People's Temple.
- 9) Divisadero Street. In the 1850's the Presidio army reservation was much larger than it is today.
- 10) Gough and Octavia Streets. Charles H. Gough was a city milkman in the 1850's, working the route on a horse with milk cans tied to the saddle. In 1885, he and his wife were members of a citizens committee that named the streets in the Western Addition, naming two streets after themselves.

Wanted: Demanding Clients with Older Homes Seeking Excellent Remodeler

Tired of the horror stories you have heard about contractors taking forever and doubling the price to finish a job? Are you apprehensive about letting a bunch of strangers work on your home?

San Francisco Restorations has established itself as a builder and remodeler maintaining the old values of craftsmanship and excellence. There is another attribute which distinguishes this firm from others. All our jobs carry the personal commitment and guarantee of the owner and founder of the company, Jim Mannix, to deliver a finely finished product to another satisfied customer. Talk to our references. We have a long and distinguished list of clients who will attest to the fact that you get a whole lot more than a quality job with San Francisco Restorations. You get a personal guarantee the job will be done on time and on budget. I mean it. It's my company.

Jim Mannix
President, founder and
first carpenter of
San Francisco Restorations, Inc.

929-9056

License # 429377

Thinking of buying or selling property?



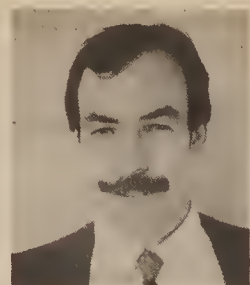
**Don't do *anything*
until you talk to**

Laurie Nierenberg
Senior Marketing Consultant
Broker Associate

TOP PRODUCER 1985

Grubb & Ellis
1823 Union Street

922-7100



Doug Shaw

Real Estate Associate with
Colonial Realty

Specializing in:

- *residential*
- *residential income*
- *commerical income*

**Believes the New Fillmore is
the best area in San Francisco
to invest in.**

**Over 7 million in property sold
in the last 18 months.**

**For a free appraisal call:
776-9500**

Great Old Houses # 5



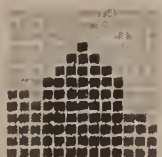
2302 Steiner combines Queen Anne stylistic elements---loop and garland friezes, bay window shapes, pointy rooftop finials---with a generally Colonial Revival building. Witness its true Ionic columns and pilasters, its tripartite Palladian window over the door, drop-centered balcony rails with delicate turned balusters, narrow clapboard siding and four-sloped roof.

The 1896 construction date is early for this style in this city; it invites speculation as to who was responsible: the obscure architects John J. Laferme and Otto Collischonn, their house-hopping client widow Clara Kluge, or someone else. The first real owner, diamond importer Joseph E. Bier, lived here 1899-1944. . -- Anne Bloomfield

KEYNOTE PROPERTIES



1801 FILLMORE
SAN FRANCISCO
CA 94115
415 563 5900



**WE'RE NEW ON FILLMORE...
BUT WE'RE NOT NEW TO REAL ESTATE!**

Vintage Properties of San Francisco and Austin Commercial Properties
have joined offices and formed Keynote Properties.

Please call us at 563-5900
for complete real estate service.

You are cordially invited to a

GRAND OPENING CELEBRATION!

2000
POST

2000 Post, San Francisco's premiere new address is celebrating its grand opening in style! Join us for a
Champagne Open House
September 6 & 7, 13 & 14
10am-6pm

We're christening our **beautiful new apartments** in the style they deserve. When you tour our luxuriously furnished **single, one** and **two bedroom** models you'll discover the quality, comfort and convenience you've been looking for.

Ideally located in lower **Pacific Heights**, 2000 Post combines all the best of suburban ease with the amenities of the vibrant city outside your door.

Your airy, beautifully-appointed apartment is just minutes from downtown, the financial center and the heart of the City's cultural life.

You'll walk to some of the City's finest shops and restaurants. The **quality** lifestyle you've been looking for is here in the New Fillmore district.

Our all new apartments offer sunny bay windows, stunning city views, private decks and woodburning fireplaces. Here's just some of the features you'll enjoy:

- Designer - selected quality carpeting and mini-blinds throughout
- Full-feature, all electric kitchens with:
 - Microwave oven
 - Dishwasher
 - Self-cleaning oven
 - Garbage disposal
 - Frost-free refrigerator
 - Easy-care countertops & kitchen cabinets
- Heated lap swimming pool
- High-tech fitness equipment, sauna and aerobics area
- Hydrotherapy spa
- Nine foot ceilings
- Complete laundry facilities
- Lushly landscaped terraces
- Expansive sundeck area
- Prewired for telephone and cable TV
- Complete ceiling and sidewall insulation for energy savings
- Outstanding resident staff to serve you
- Enclosed parking available at your request

Join us this weekend and receive a chance to **win dinner for two** at the lovely Pacific Heights Bar and Grill, as well as **other prizes!**

Models open daily 10 a.m. to 6 p.m.

PIERCE STREET, between SUTTER AND POST
Call 922-2006

